

## Undertake routine clinical measurements

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### Overview

This standard covers taking and recording routine clinical measurements to establish a baseline for future comparison or as part of the individual's care plan. The recording of such measurements must take into account the individual's overall condition. It is important that where you have any concerns regarding your ability to correctly take these clinical measurements, or if you are at all unsure of your readings, you must ask another competent member of staff to check your recordings to ensure the correct actions can be instigated without delay.

These activities could be done in a variety of care settings, including hospital wards and other departments including out patients, nursing homes, the individuals own home and GP surgeries.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

## Performance criteria

### *You must be able to:*

- P1. identify and agree the roles and responsibilities of yourself and/or others in undertaking routine clinical measurements
- P2. work in partnership with the individual, ensuring that you respect their rights and wishes relating to their privacy, beliefs and dignity
- P3. apply standard precautions for infection prevention and control and apply other necessary health and safety measures
- P4. seek clinical advice and support from an appropriate member of the team when events or risks are beyond your level of competence
- P5. check the individual's identity, confirm the planned action and give the individual relevant information, support and reassurance in a manner which is sensitive to their needs and concerns
- P6. establish consent and access information on undertaking routine clinical measurements
- P7. take the measurement at the prescribed time and in the prescribed sequence
- P8. prepare and use the appropriate equipment in such a way as to obtain an accurate measurement
- P9. seek a further recording of the measurement by another staff member if you are unable to obtain the reading or if you are unsure of the reading
- P10. observe the condition of the individual throughout the measurement
- P11. identify and respond immediately in the case of any significant changes in the individual's condition
- P12. recognise and report without delay any measurement which falls outside of normal levels
- P13. recognise equipment errors and faults that will impact on readings
- P14. report equipment errors and faults, removing equipment from service and ensuring that processes for repair or replacement are in place
- P15. clean used equipment and return to usual place of storage after use
- P16. dispose of waste in accordance with organisational procedures
- P17. complete all relevant documentation required for undertaking routine clinical measurements

## Knowledge and understanding

### *You need to know and understand:*

- K1. how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to undertake routine clinical measurements
- K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- K3. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability
- K4. the principles, practice and procedures associated with informed consent
- K5. the needs of individuals and carers including issues relating to dignity, confidentiality, and privacy
- K6. the importance of applying standard infection control precautions to undertaking physiological measurements and the potential consequences of poor practice
- K7. why the clinical measurements are necessary and the importance of undertaking them as directed
- K8. why it is necessary to adjust clothing and/or reposition the individual for some clinical measurements
- K9. the concerns and worries which individuals may have in relation to some clinical measurements
- K10. the range and purpose of equipment used for different measurements
- K11. the importance of ensuring equipment is appropriately prepared
- K12. how to use the equipment appropriately
- K13. how to respond to and manage equipment errors or faults
- K14. common conditions which necessitate the recording of physiological measurements
- K15. how blood pressure is maintained
- K16. the differentiation between systolic and diastolic blood pressure and what is happening to the heart in each reading
- K17. the normal limits of blood pressure
- K18. conditions where blood pressure may be high or low
- K19. how body temperature is maintained
- K20. what normal body temperature is
- K21. what is meant by pyrexia, hyper-pyrexia and hypothermia
- K22. what is normal respiratory rate
- K23. what affects respiratory rates in individuals who are ill and well

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- K24. the normal limits of pulse rates
- K25. what affects pulse rates – raising it and lowering it
- K26. the sites in the body where pulse points can be found
- K27. why an individual's pulse oximetry needs to be measured
- K28. the findings when obtaining pulse oximetry, and the implications of these findings
- K29. what BMI is and how it is used in weight/dietary control
- K30. the factors that influence changes in clinical measurements
- K31. the importance of recording all information clearly and precisely in the relevant documentation, including whether the individual is receiving oxygen
- K32. how to complete and safely store all relevant documentation in accordance with organisational requirements

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